

# Exercise Classes

## Penkridge Leisure Centre Exercise Class Timetable

| TIME             | CLASS                    | INSTRUCTOR |
|------------------|--------------------------|------------|
| <b>Monday</b>    |                          |            |
| 8am-8.45am       | Aqua Aerobics            | Gary       |
| 6pm-7pm          | Walking Football         | N/A        |
| 7.15pm-8pm       | Studio Cycle             | Paul       |
| 7pm-8pm          | Penkridge Social Netball | N/A        |
| <b>Tuesday</b>   |                          |            |
| 8.15am-9am       | Body Conditioning        | Vicki      |
| 9.15am-10am      | Studio Cycle             | Teresa     |
| 3.45pm-4.45pm    | Active Youth (age 13-16) | Gary       |
| 6pm-7pm          | Pilates                  | Teresa     |
| 7.15pm-8pm       | Aqua Aerobics            | Gary       |
| 7.15pm-8pm       | Vibe Dance               | Lindsay    |
| 7.15pm-8pm       | Studio Cycle             | Teresa     |
| <b>Wednesday</b> |                          |            |
| 8.25am – 9.10am  | Aqua Aerobics            | Vicki      |
| 9.15am-10am      | Aqua Aerobics            | Vicki      |
| 9.15am-10.15am   | Pilates                  | Teresa     |
| 6.15pm-7pm       | Studio Cycle             | Teresa     |

| TIME            | CLASS                    | INSTRUCTOR |
|-----------------|--------------------------|------------|
| <b>Thursday</b> |                          |            |
| 8.15am-9.15am   | Core and Stretch         | Tracy      |
| 3.45pm – 4.45pm | Active Youth (age 13-16) |            |
| 7pm-8pm         | Tai Chi                  | David      |
| 7.15pm-8pm      | Aqua Aerobics            | Caroline   |
| 7.15pm-8pm      | Vibe Step                | Lindsay    |
| <b>Friday</b>   |                          |            |
| 8.25am – 9.10am | Aqua Aerobics            | Vicki      |
| 9.15am-10.15am  | Pilates                  | Teresa     |
| 9.15am-10am     | Aqua Aerobics            | Vicki      |
| 9.15am-10am     | Yoga                     | Sharlene   |
| <b>Sunday</b>   |                          |            |
| 9.45am-10.30am  | Legs, Bums and Tums      | Tracy      |

### PRICES

|                          | PAY AS YOU GO | LEISURE ADVANTAGE CARD |
|--------------------------|---------------|------------------------|
| Exercise Class           | £6.60         | £5.90                  |
| Walking Football         | £4.00         | £3.60                  |
| Penkridge Social Netball | £5.20         | £4.70                  |
| Active Youth             | £2.70         | £2.40                  |

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 Wombourne Leisure Centre • Tel: 01902 898202 • Email: [wombourne@sstaffs.gov.uk](mailto:wombourne@sstaffs.gov.uk)

# Exercise Classes

## CLASS DESCRIPTIONS

|                     |   |
|---------------------|---|
| AQUA AEROBICS       | Aqua aerobics is a cardiovascular pool-based workout. It gently increases your pulse and breathing rate, so it's great for helping to improve your heart health. It strengthens and tones muscles using the resistance of the water and engaging opposing muscle groups in each movement as you push and pull against it.                 |
| BODY CONDITIONING   | Body Conditioning combines strength and flexibility exercises to increase muscular strength and endurance. The class is a great way to help shape and tone muscles and help lower body fat.   |
| CORE AND STRETCH    | Core and Stretch focuses on working the abdominal muscles to strengthen the core while also improving the flexibility of the rest of the body. This workout assists with increasing strength and toning the stomach. Good core strength provides a range of benefits including improving posture and balance.                             |
| Vibe Dance          | Dance fit is an exercise class that incorporates forms of dance. It's an aerobic workout, divided into different tracks that provide peaks and troughs of intensity.  |
| LEGS, BUMS AND TUMS | This class provides a full body aerobic and toning workout with the focus on the lower body. Legs, Bums & Tums will help to increase your stamina and endurance, build strength, and increase overall energy levels.  |
| PILATES             | Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. It is a great form of exercise for strengthening and relieving back pain but can also be used to help with injury prevention and for rehabilitation purposes. |
| STUDIO CYCLE        | Studio cycling is a high intensity and motivational Indoor cycling workout. Indoor cycling will help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout and by the end of class, your body will release a steady stream of feel-good endorphins.                              |
| TAI CHI             | Tai Chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing.  |
| WALKING FOOTBALL    | Walking Football is the perfect fit for everyone who wants to play football for longer, make new friends, get out of the house and stay active. With no running, jogging or heading – and tackling with reduced physical contact – Walking Football is a fun and safe way for players to enjoy football and socialise together.           |
| YOGA                | Yoga uses the mind and body to build strength and flexibility. Yoga is also a great practise to help manage pain and reduce stress.   |

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